



Life Skills

Life Skills is all about living well. We're a friendly and supportive group sharing tips about making your money go further, looking after your mental health and more... We can't meet in person at the moment, but we're now able to offer Life Skills online

Zoom meetings on Mondays at 7.30pm or Thursdays at 4pm, starting in June

For more info: siansimpkins@caplifefskills.org

Find out what a difference it can make

- Free of charge and open to all
- Support available from trained coaches
- Build a budget you can stick to
- Cut your bills
- Learn new skills
- Reduce stress
- Build confidence

